

Gymnastics July 2012



Dates to Remember!

July 17	Pass Off Night
August 17	Last Day of Summer Schedule
August 22-27	No Gymnastics
August 27	First Day of Fall Schedule

Thank you!

Thank you to all of those who responded to our survey sent out to May participants the first week of June. It was wonderful to receive such valuable feedback. We appreciate you taking the time to help us improve the program!

Fall Schedule Info Available July 9th

The Gymnastic Flier with the Fall Schedule will be available at the front desk or in registration on Monday, July 9th. The fall flier along with your specific class time will be attached to the August Gymnastic Newsletter.

Pass Off Day

Tuesday, July 17th

Boys & Girls Level 1 & 2 @ 6:45 p.m.

Spectators:

We greatly encourage family and friends to watch their gymnast during class time. For everyone's safety, please sit in the above mezzanine area and closely supervise any children not participating in class.

*Augusts' tuition is due July 20th.

Blue Envelopes can be turned into the front or registration desk.



Pass Off Info

Who: Gymnasts in Kindergarten, Boy's/Girl's Level 1 and Level 2 wanting to advance to Level 2 or Level 3 classes.

When: Generally 3rd Tuesday of every month

Requirements:

Girls

To pass off into Level 2, gymnast should master these skills:

Vault- Run, hurdle, straight jump onto rezi mat

Standing handstand flat back

Bars- Chin hold for 5 seconds

Pull Over & back hip circle with a light spot

Beam- Pivot turn (on toes)

Releve' & Arabesque Hold (5 seconds)

Lunge-Lever-Lunge, Straight Jump

Floor- Forward roll to stand (no knees or hands touching ground when standing up out of the roll)

Backward roll to stand (no knees touch ground)

Lunge Handstand Lunge with good body positions

Handstand hold on wall (10 seconds)

Good Bridge with straight arms (20 seconds)

Cartwheel

Strength & Flexibility- 5 push ups

Hollow Body Hold (10 sec.) Good Splits & Pike

LISTENS & GOOD ATTITUDE



Girls Cont.

To pass off into Level 3, gymnast must master these skills:

Vault- Run, Hurdle, Dive Roll onto rezi

Standing Handstand Flat back

Bars- Pull Over, Back Hip Circle (very light spot), 3 Hollow Body Casts in a row

Beam- Pivot Turns, Tuck Jump

Lunge, Baby Handstand, Lunge (Low Beam)

Arabesque to Scale (2 second hold)

Floor

Straddle Forward Roll to stand

Backward roll to stand with straight arms

Lunge, Full Handstand, Lunge

Handstand Hold on wall (20 seconds)

Bridge, Kick over on wedge mat

Run, Hurdle, Cartwheel

Strength & Flexibility-

Hollow Body hold (20 seconds)

Chin Hold on Bars (10 seconds)

Push Ups (10)

Bridge Hold (30 seconds)

Good Leg Splits

Pike

LISTENS & GOOD ATTITUDE

Boys Requirements on Back





BOYS

Boys trying to pass off into Level 2 must master these skills:

Vault

Run, Hurdle, Straight Jump

High Bar

Pull Over (light spot)

Forward Roll to Hang

3 Tap swings in a row with back dismount

Rings

3 Tap swings

Inverted Hang

Skin the Cat

Pommel

3 Straight Legged Straddle swings

Leg cut (forward and backwards with each leg)

Mushroom

1/2 circle

Parallel Bars

3 Front support swings (straight arms)

2 Straddle travels

Back Dismount

Floor

Forward roll to stand (no knees or hands touching ground when standing up out of the roll)

Backward roll to stand (no knees touch ground)

Lunge Handstand Lunge with good body positions

Handstand hold on wall (10 seconds)

Good Bridge with straight arms (20 seconds)

Cartwheel

Strength & Flexibility

5 push ups

Hollow Body Hold (10 seconds)

Good Splits

Pike

GOOD ATTITUDE & LISTENS



Boys trying to pass off into Level 3 must master these skills:

Vault

Run, Hurdle, Dive Roll to rezi

Standing Handstand Flat back

High Bar

Pull Over

Lay Back to Undershoot

3 Swing Hops with Back Dismount

Rings

Chin up, L hold

3 Tap Swings

Inverted Hang in Tight Pike & Straight Body

Skin the Cat Dismount

Pommel

Straight Arm Travel Downs

3 Straddle Swings

Leg Cut (Forward & Backward with both legs)

Mushroom

1/2 Circle

Parallel Bars

3 Swings in Front Support

Side dismount

Floor

Cartwheel Chasse

Cartwheel Step in

Round off, Rebound

Lunge, Full Handstand, Lunge

Headstand Forward Roll

Backward Roll to Stand

Candlestick

Strength & Flexibility

Hollow Body hold (20 seconds)

Chin Hold on Bars (10 seconds)

Push Ups (10), Bridge Hold (30 seconds)

Good Leg Splits, Pike

GOOD ATTITUDE & LISTENS

